



2023 HALF MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	6/25 7/1	REST	3	Cross Train	3	3	REST	3 Kickoff Run
2	7/2 7/8	REST	3	Cross Train	3	3	REST	4
3	7/9 7/15	REST	3	Cross Train	3	3	REST	5
4	7/16 7/22	REST	3	Cross Train	4	3	REST	4
5	7/23 7/29	REST	3	Cross Train	5	3	REST	6
6	7/30 8/5	REST	3	Cross Train	4	4	REST	5
7	8/6 8/12	REST	3	Cross Train	4	4	REST	7
8	8/13 8/19	REST	3	Cross Train	5	5	REST	8
9	8/20 8/26	REST	3	Cross Train	4	3	REST	6
10	8/27 9/2	REST	3	Cross Train	5	3	REST	7
11	9/3 9/9	REST	3	Cross Train	4	4	REST	6
12	9/10 9/16	REST	3	Cross Train	5	4	REST	8
13	9/17 9/23	REST	4	Cross Train	5	4	REST	9
14	9/24 9/30	REST	4	Cross Train	6	5	REST	7
15	10/1 10/7	REST	4	Cross Train	6	4	REST	11
16	10/8 10/14	REST	4	Cross Train	6	4	REST	8
17	10/15 10/21	REST	4	Cross Train	4	4	REST	6
18	10/22 10/28	REST	3	Cross Train	3	REST	REST	Monumental Half

* Check the Run Calendar for locations and times of official Wed and Sat club runs

<http://www.carmelrunners.net/carmel-runners-club-calendar/>

WWW.CARMELRUNNERS.NET